



# Healthy Life Center

## Education and Navigation

Healthy Life Center  
**JULY**

Classes will be held **virtually** and **in-person** with appropriate precautions.

### VIRTUAL EVENTS

**Wednesday, July 6**

**Gentle Yoga Flow**

8:30-9:15 a.m. RSVP

**Tuesday, July 12**

**Advance Directives:  
Making Hard Choices  
Easier for Loved-Ones**

1-2 p.m. RSVP

**Wednesday, July 13**

**Lifestyle Health:  
The Benefits of Light**

12-1 p.m. RSVP



**Wednesday, July 20**

**Gentle Yoga Flow**

8:30-9:15 a.m. RSVP

**Dementia:**

**The Elephant in  
the Room**

10-11 a.m. RSVP

**Friday, July 22**

**Nutrition in the  
Kitchen:**

**All About  
Antioxidants**

1-2 p.m. RSVP

**Tuesday, July 26**

**The 6 Pillars  
of Vitality**

12-1 p.m. RSVP

### WEEKLY IN-PERSON EVENTS

**Mondays**

**SHINE Counseling**

9 a.m.-3 p.m.

To schedule an appointment, call 866-413-5337

**Fridays**

**SWFL Produce Box**

3-4 p.m.

To place an order,  
visit [www.swflproduce.com](http://www.swflproduce.com)



### MIND & BODY PROGRAM

\*Class Passes Available for Purchase

**Tuesdays (July 5, 12, 19, & 26)**

**Outdoor Chair Yoga**

9-10 a.m. RSVP

Instructor: Kristen

**Fridays (July 1, 8, 15, 22, & 29)**

**Outdoor Strength, Balance, & Stretch**

9:30-10:30 a.m. RSVP

Instructor: Meredith



Golisano Children's Hospital of Southwest Florida Family Program

### IN-PERSON EVENTS

**Lee Health Coconut Point**

**23450 Via Coconut Point, Estero, FL 33928**

To register for these events, call 239-468-0050.

**Wednesday, July 6**

**Cooking with Kat: Summer Salads**

1-2 p.m. RSVP

**Friday, July 8**

**Farm to Feed: Tropical Fruit**

9-10 a.m. RSVP

**Wednesday, July 13**

**Cooking with Kat: All About Beans**

11 a.m.-noon RSVP

**Thursday, July 14**

**4th Trimester Club: Water Play** ☀️

10-11 a.m. RSVP

**Friday, July 15**

**Cooking with Kat: Nut Butters**

1-2 p.m. RSVP

**Monday, July 18**

**Seniors Blue Book University:**

**Vision & Fall Prevention**

10:30-11:30 a.m. RSVP

Dr. Elizabeth Schwartz, optometrist

Lunch provided after presentation

**Tuesday, July 19**

**Acupuncture:**

**Rebalance & Restore Your**

**Energy Flow**

12-1 p.m. RSVP

Lunch provided after presentation

**Wednesday, July 20**

**Cooking with Kat:**

**High Protein Veggie Salad**

1-2 p.m. RSVP

**Thursday, July 21**

**Alzheimer's Caregiver Support  
Group**

10 a.m.-noon RSVP

**Monday, July 25**

**Cooking with Kat: Indian Cuisine**

1-2 p.m. RSVP

**Wednesday, July 27**

**Medicare Part D:**

**The Donut Hole & More**

10-11:30 a.m. RSVP

**Cooking with Kat:**

**Plant-Based Eating**

1-2 p.m. RSVP

**Thursday, July 28**

**4th Trimester Club:**

**Sun & Fun** ☀️

10-11 a.m. RSVP

**Foot Arthritis:**

**Feet Don't Fail Me Now!**

12-1 p.m. RSVP

Dr. Lori DeBlasi, podiatrist

### HEALTHY LIFE CENTER @ BABCOCK RANCH

**Cypress Lodge**

43511 Bluebird Trail, Punta Gorda, FL 33982

To register for these events, call 239-468-0050

**Thursday, July 14**

**Kindness Rock Making**

10-11 a.m. RSVP

**Thursday, July 28**

**Dementia: Taking Care of the Spirit Within**

10-11 a.m. RSVP



**BABCOCK RANCH**



Scan for information

Healthy Life Center is your **destination** for healthy events in **your area**.

**RSVP at 239-468-0050**  
**[healthylifecenter@leehealth.org](mailto:healthylifecenter@leehealth.org)**  
**[LeeHealth.org/Events](http://LeeHealth.org/Events)**



**LEE HEALTH**